RECIPES FOR SEA FOOD

BY

MARIA Y. OROSA

With an introduction by WALLACE ADAMS

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FISH AS FOOD

By **Wallace Adams**

Chief, Division of Fisheries, Bureau of Science

As ordinarily used, the term fish includes, besides the fishes proper, many other water animals, as oysters, clams, and other mollusks; lobsters, crabs, prawns, and shrimps. The term "sea food" is often used to cover the whole group, or, more particularly, salt-water food products as distinguished from those of fresh water. As salt-water fishes are more extensively used in the Philippines than are those of fresh water, we shall include them all under the one heading.

Fish in one form or another is almost universally recognized as an important food material. In the Philippine Archipelago and in fact in practically all of the Far East it is the one item of animal food of first importance. Few people have any adequate conception of the great importance of the fisheries of the Philippines or of the immense amount of nutritive material which is every year taken from the fresh and salt waters of this country.

Of the vast quantity of fish annually caught, practically all is consumed at home and in the fresh state. In addition, large quantities of canned fish, especially sardine, salmon, and mackerel are imported for consumption. The Philippine Archipelago, comprising some 7,000 islands, with a coast line twice as great as that of the United States, and a population of approximately 12,000,000 people must necessarily depend on fish for a large part of its animal food.

Next to agriculture, the fisheries are the most important source of human food in the Philippines.

Some 1,600 species of fishes are known from Philippine waters, practically all of which are edible and of good quality. Certain species are considered better than others, a few are known to be poisonous at certain times of the year, and a small number are known to be poisonous at all times. These last mentioned are usually well known to fishermen and rarely, if ever, offered for sale. In addition to the fish used as food, vast quantities of shellfish are utilized, such as clams, oysters, mussels, scallops, and snails. Lobsters, crabs, prawns, and shrimps are also used in large numbers in practically all localities where found. Many species of fishes now used in limited quantities, will, as time goes on, become more popular. This may be brought about through depletion of some of the now commonly known and generally used kinds, through improved methods of capture and transportation, or through better methods of cooking as set forth in this booklet.

The Bureau of Science, through its divisions of fisheries and food preservation, is developing the fisheries along economic lines and hopes, through this publication and others to follow, to show what fishes are generally available, how to judge their freshness and fitness for human consumption, and how to prepare them as food to suit the most fastidious taste. The market value of fish is affected by various factors; the locality from which they come, seasons in which taken, and quantity available. Due to lack of facilities for holding over fresh fish by the local dealers there are times when fish is very plentiful and consequently sells at a very low price. During the typhoon season or stormy weather when the fishermen are unable to go out, bañgos is about the only fresh fish obtainable and consequently brings a high price.

For the most part fish found in the Manila markets are sold "in the round," or uncleaned and intact as taken from the water. The larger fishes, such as bonito, tuna, etc., are cleaned and cut up or sliced to meet the demand for smaller portions. The lizard fish, plaice, and some others are especially prepared, being cut into fillets or slices freed of all bones. These naturally command a higher price. Locally caught fish are not iced and are usually quite fresh when offered for sale. These are landed at Tondo every morning, except Sunday and during stormy weather, where they are sold wholesale and conveyed to the markets and other places where they are offered to the consumer.

Fish brought from a distance are iced and sometimes become stale on account of improper icing when first caught or through being handled in an unsanitary or careless manner.

Large quantities of sardines are caught but only a few are offered for sale in the fresh state, as most of them are either smoked or salted. Dalag, climbing perch, and some of the fresh-water eels are nearly always offered for sale alive, so one is certain of getting them absolutely fresh.

In the Manila markets the large fish are sold by weight, usually for ₱0.80 to ₱1.20 per kilogram. This refers more especially to the fish that is cut up and sold by the piece. Many other fish are sold in lots according to size, as one large fish, two medium-sized fish of about the same weight, or several smaller ones to equal the weight of the one large one. Shellfish are sold by the measure, usually a small can full for one centavo and up. Crabs are sold singly or in lots as are the prawns, while shrimps are sold in small piles.

Fish is prepared for the table in a variety of ways, some of which are herewith described. The proper garnishing adds much to the appearance and makes the fish seem more appetizing.

The common methods of preparing fish are boiling, steaming, broiling, frying, baking, or by combining it with other materials. Its use in soups, stews, chowders, puddings, loaves, and salads are too numerous to be mentioned here. Anyone with imagination can make innumerable recipes to suit the individual taste.

When a fish dies it stiffens almost immediately, the flesh becoming rather firm and elastic. This is a guarantee that the fish is perfectly fresh. Usually the flesh is light colored and free from blood staining in freshly caught fish. As the fish becomes stale a reddish discoloration appears, extending to the ventral portion of the backbone, and the flesh parts readily therefrom, a condition which does not normally exist.

The personal factor enters largely into the judging of the condition of the fish by its odor. Many individuals have difficulty in distinguishing between the odor of fresh fish and that of slightly tainted or stale fish, but few, if any, have trouble in discerning a putrid odor. A common method, ordinarily used, is the examination of the gills. The gills of most fish are red in color, with certain specific tints. These tints disappear as the fish becomes stale and the gills become gray and slimy if not kept at a low temperature. This test is not infallable, as frequent washing of the fish aids in the retention of the color and there are degrees of paleness even among perfectly fresh fish. The eyes of freshly caught fish are full and prominent with a jet-black pupil and transparent cornea, but they gradually shrink and become gray or clouded in color as staleness develops. In general it may be said that fish should be considered unfit for food when the eyes sink and lose their sheen, the cornea is somewhat cloudy, the gills pale or gray, or when the meat becomes so soft that if pressed with the finger the indentation remains. Canned fish should never be allowed to remain long in the can after opening, but should be removed or used at once. Mollusks should be purchased in the live state, which is easily determined by the fact that when the animal is dead the shell usually opens. Lobsters, crabs, and prawns should, if possible, be purchased alive. Cleanliness in the handling of all sea foods is of prime importance.

FIFTY RECIPES FOR FISH AND OTHER SEA FOODS

By Maria Y. Orosa

Chief, Division of Food Preservation, Bureau of Science

WITH THE ASSISTANCE OF MEMBERS OF THE DIVISION

Recipe No. 1

FISH CHOWDER

- 1 cup flaked fish
- 1 cup sweet potatoes (previously boiled and cut in small cubes)
- 1 onion cut in small pieces
- 2 tablespoons butter
- ½ teaspoon pepper
- 1 teaspoon salt
- 4 slices bacon cut in small pieces
- 2 cups coconut milk diluted with an equal amount of water
- 5 tablespoons coconut cream
- 1 segment garlic

Boil the fish in coconut milk to which is added some calamansi juice. Cool, and flake the fish, removing all bones.

Fry the bacon in butter until crisp, then the garlic until brown. Add the onion, fish, and potatoes, salt, and pepper, and continue frying 3 minutes. Add the coconut milk and let it boil 2 minutes. Add the coconut cream just before serving. Serve with crackers.

Recipe No. 2

FISH SOUP

Clean the fish well and remove the skin and bones.

Chop the meat of one fish with 1 onion, 2 green onions, 1 branch of parsley, 1 slice of bread, and 1 tablespoon of flour. Add 2 well-beaten eggs and mix thoroughly.

Make into small, round balls, about the size of marbles. Wet the finger tips with lemon juice while molding the balls.

Roll in flour and fry in hot fat.

Boil the head, skin, and bones of the fish for 45 minutes, in a covered casserole, with 4 cups of water, 1 sliced onion, ½ cup of white wine, 1 teaspoon of salt, 1 sliced carrot, and a pinch of pepper. Strain the soup and cool. Add the well-beaten yolks of 3 eggs and bring to a boil. Drop the fried fish balls in the soup just before serving.

(Bañgos, dalag, dalagang bukid, navajita, and other similar fishes may be used.)

RECIPE No. 3

HALAAN SOUP

½ cup chopped halaan
1 tablespoon chopped ham
3 tablespoons grated carrot
4 tablespoons inkama (sinkamas)
1 egg
½ medium-sized onion, sliced
2 cups clam soup
½ cup milk
2 tablespoons butter
1 teaspoon salt
Pinches pepper

Fry the onion in butter until partially cooked; add the clams, ham, the clam soup, and the milk with the beaten egg. Boil 10 minutes. Add the carrot and inkama and continue boiling until the vegetables are tender. Serve hot.

RECIPE No. 4

BAR GLACE A LA VLADIMIR (PLAT FROID)

Clean the fish well and place on a rack in an upright position. Put a rolled towel on each side and tie the fish and towel to the rack to keep the fish in position.

Place the rack in a pan containing a boiling mixture of 1 cup of vinegar, 1 cup of white wine, 1 teaspoon salt, a few parsley leaves, 1 small carrot cut into small pieces, 1 sliced onion, and 1 laurel leaf.

When the fish is cooked remove from the fire and cool. Drain the fish and remove the skin.

Place the fish on a platter with the back up and cover with 1 cup mayonnaise dressing to which has been added 2 sheets of gelatine dissolved in a small amount of hot water. Place the fish in the ice box. When the dressing hardens transfer the fish to a platter containing a mound of boiled rice in the form of a cake, 2 inches high and a little longer and wider than the fish.

Place the fish back upward on the rice cake and garnish with thin half slices of lemon and with 4 hard-boiled eggs prepared as follows:

Cut the hard-boiled eggs lengthwise in halves. Remove the yolks and add to them 3 tablespoons mayonnaise. Divide the mixture into 2 equal parts. To one part add 2 tablespoons of tomato sauce, and seasoning. To the other part add 2 tablespoons of spinach pulped and passed through a fine sieve and seasoned to taste. Fill the egg whites with the fillers (tomato sauce and spinach sauce), and arrange alternately around the platter with sliced lemon.

Recipe No. 5

FISH WITH VINEGAR SAUCE

Clean the fish well. Wrap in banana leaves and tie at the ends. Boil in the following mixture for 40 minutes:

4 cups water
2 tablespoons oil (olive or Wesson)
2 tablespoons vinegar
⅛ teaspoon black pepper
2 sliced tomatoes
1 large onion, sliced

Drain the fish and unwrap it. Lay on a platter and pour over it the vinegar sauce made as follows:

Chop into very fine pieces the yolks of 2 hard-boiled eggs and smooth to a thin paste with 8 tablespoons of Wesson oil and 2 tablespoons of vinegar. To this add:

1 sweet red pepper, roasted, peeled, and chopped into fine pieces
4 green onions (with leaves), finely cut crosswise
Whites of 2 hard-boiled eggs, finely chopped
1 ripe tomato, roasted, peeled, seeds removed, and chopped into fine pieces
1 small onion, finely chopped and worked with salt, rinsed, and drained

Mix thoroughly.

(This recipe may be used for either lapu-lapu, tanguingui, apahap, talakitok, bakoko, or pampano.)

Recipe No. 6

FISH WITH GREEN SAUCE

Clean the fish, sprinkle with 1 tablespoon of salt, and let it stand 15 minutes.

Drain, place it in a pan containing 2 cups of water, 1 sliced onion, 2 ripe tomatoes, halved, 1 teaspoon of salt, and a pinch of pepper. Boil 30 minutes.

Drain the fish and lay it on a platter.

Strain the soup left and make a gravy from it by the addition of 1 tablespoon of flour. Season with salt and pepper and boil until thick. The gravy may be colored green by adding kinchay, or green onion juice to it.

(Any fish suggested in Recipe No. 1 may be used.)

Recipe No. 7

FISH CURRY AND RICE

1 medium-sized fish	1 tablespoon minced onion
1 teaspoon flour	¼ cup coconut milk
1 teaspoon curry powder	1¼ cups water
1 teaspoon lemon juice	1 teaspoon salt
2 tablespoons butter	Pinch black pepper

Boil the fish for 5 minutes in ½ cup of water, ½ teaspoon of salt, and a pinch of pepper. Drain and lay aside.

Fry the onion in butter and add the water in which is dissolved 1 teaspoon of flour. Boil 2 minutes. Add the curry powder, lemon juice, salt, and fish; boil 10 minutes, or until the gravy thickens. Add the coconut milk to which is added ¼ cup of water and continue boiling 3 minutes. Lay the fish on a platter, pour the gravy over it, and arrange mounds of boiled rice on either side.

(Use either bakoko, apahap, lapu-lapu, talakitok, or maya-maya.)

Recipe No. 8

LAPU-LAPU WITH VEGETABLE

Proceed as in No. 1.

Lay the fish on a platter and cover it with a sauce made as follows:

In 2 tablespoons of butter brown 1 tablespoon of flour, ½ teaspoon of salt, and a pinch of pepper. Add 2 cups of chicken broth in which the yolks of 3 hard-boiled eggs are ground, and heat until thick.

Garnish the fish by covering it with sweet pickles, boiled carrots, and the whites of 3 hard-boiled eggs, all finely chopped and laid alternately side by side in diagonal lines across the fish.

(This recipe is suitable for any fish mentioned under Recipe No. 1.)

Recipe No. 9

FISH WITH CHEESE

Clean the fish well and sprinkle with 1 tablespoon of salt. Let it stand 15 minutes. Drain the fish well, spread over it 2 tablespoons of butter and 5 tablespoons of grated cheese. Lay it in a baking pan containing 2 tomatoes and 1 onion, each quartered, and 3 cups of chicken broth.

Place the pan in a moderate oven, and bake about 35 minutes, basting the fish every few minutes to prevent burning.

Make a cheese gravy by browning 2 tablespoons of flour in 3 tablespoons of butter, add the remaining broth, and heat until thick. To this add 2 tablespoons of grated cheese. Pour the mixture over the fish.

Garnish with either asparagus or artichoke.

(Use any fish suggested under Recipe No. 1.)

RECIPE No. 10

BIA WITH COCONUT MILK

Clean the bia, boil it slowly for about 15 minutes in 1 cup of coconut milk, ½ teaspoon of salt, and the juice of 5 calamansi.

Lay the fish on a platter and pour over it a gravy made from the stock in which it was cooked and one tablespoon of flour, which is boiled until thick.

(Bia is the most suitable fish for this recipe. However, other fishes may also be used.)

RECIPE No. 11

FISH WITH SABA BANANA

Clean the fish, sprinkle with salt, and lay aside for 10 minutes.

Wrap in banana leaves and boil for 30 minutes in the following mixture:

4 cups water
3 sliced tomatoes
1 sliced onion
1 teaspoon salt
A few pinches black pepper

Drain, unwrap, place on a platter, and cover with mayonnaise dressing.

Garnish with boiled ripe saba bananas, cut lengthwise in ¼-inch slices.

RECIPE No. 12

TOCHO

1 bañgos
2 tablespoons ginger cut into very thin, narrow strips about ¾ inch long
2 sections garlic, finely chopped
6 fair-sized tomatoes or 4 large tomatoes, minced
2 tablespoons tahuri
2 tablespoons tausi
1 onion sliced in long, narrow strips
1 cake toqua, cut into pieces ¾ inch long and ⅛ inch wide

Clean the fish and cut in pieces ½ inch thick. Salt and let stand 15 minutes. Drain and wipe dry with a clean towel. Fry in hot lard until brown and lay aside.

Fry the onion and the toqua and lay aside.

Fry in lard the garlic, ginger, and tomatoes. Add to this the tahuri dissolved in 1 cup of water, then the tausi, and the fried toqua and onion. Boil 5 minutes. Add 2 tablespoons of vinegar and boil 5 minutes longer. Drop the fried fish into this mixture and continue boiling 10 minutes.

(Bañgos is the fish most commonly used for this recipe, although other fishes are sometimes used.)

Recipe No. 13

ESCABECHE (MACAO)

- 1 medium-sized fish (either lapu-lapu, pampano, apahap, or talakitok)
- 1 large onion
- 2 sections garlic, cut into small pieces
- 1 large red sweet pepper, cut into long, narrow pieces
- 2 tablespoons flour
- 2 cups water or white stock
- 4 tablespoons vinegar
- 4 tablespoons sugar
- 3 tablespoons toyo sauce
- 2 fair-sized Irish potatoes, cut in very narrow strips 1½ inches long

Clean the fish, sprinkle with 1 teaspoon salt. Let stand 10 minutes. Drain and dry with a towel. Fry in lard until brown and lay aside.

Fry the garlic, onion, and sweet pepper in lard.

Make a medium-thick gravy from a mixture of water, vinegar, sugar, toyo, and flour; add the fried garlic, onion, sweet pepper, and fish; boil 5 minutes.

Place the fish on a platter, pour the gravy over it, and garnish with the potatoes fried crisp in deep fat.

Recipe No. 14

MOLE

- 1 medium-sized dalag
- 2 tablespoons patis
- 2 tablespoons roasted and powdered rice
- 1 tablespoon achuete seeds
- 2 cups water
- 4 tablespoons lard
- ¼ cup roasted peanuts, chopped very fine
- 2 sections garlic, minced
- 2 pinches black pepper

Soak the achuete seeds in 2 cups of water for about 15 minutes. Rub the seeds together and strain the liquid.

Clean the fish, cut into 4 or 5 pieces, and drain well.

Fry the garlic in the lard until brown. Add the fish and patis at the same time. Cover the frying pan and cook 5 minutes. Add the powdered rice and finely chopped peanuts, previously mixed and moistened with 1 cup of achuete water

Cook 2 minutes longer. Then add the remaining achuete water and boil until the gravy thickens.

Recipe No. 15

STUFFED BAÑGOS

1 bañgos
3 finely chopped tomatoes
3 potatoes, cut into small cubes and fried
1 finely chopped onion
2 sections garlic, chopped very fine
1 teaspoon salt
1 small can peas

Clean the fish, taking care not to cut the skin. Roll the fish on the table, pressing on it to soften the meat. Carefully remove the meat and backbone with the aid of a dull table knife. The skin must remain unbroken. Boil the meat in a small quantity of water to which 2 pinches of salt has been added, flake, and remove all bones. Fry the garlic, tomatoes, and onions. Add the flaked fish and continue frying 5 minutes. Place the fried mixture in a bowl. Add to it 1 tablespoon of butter, the peas well drained from their liquor, the previously fried potatoes, the well-beaten yolks of 3 eggs. Mix very thoroughly. Stuff the fish with this mixture and fry in very hot deep fat until brown, or bake in a moderate oven.

Recipe No. 16

FISH FILLETS

Clean two soles and fillet. Sprinkle with salt and pepper.

Boil the heads and bones of the fish for 30 minutes in 2 cups of water, 1 sliced onion, 1 cup white wine, 1 tablespoon butter, and a small amount each of thyme, parsley, salt, and pepper. Strain the soup.

Bake the fillets for about 30 minutes in a pan containing 2 tablespoons butter and 1 cup of the soup. Drain, put the fillets on a platter, and add the drippings to the first soup.

Brown 1 tablespoon of flour in 1 tablespoon of butter. Then add all the soup gradually, stirring constantly. Boil until somewhat thick. Cool, and add the well-beaten yolks of 2 eggs, 2 tablespoons of butter, and cook again about 10 minutes. Pour this on the fillets.

Garnish with half-moon-shaped slices of bread dipped first in lightly beaten eggs, then in bread crumbs and fried until crisp.

Recipe No. 17

STUFFED FISH FILLETS

Clean the fish, cut in fillets, and spread on a board. Sprinkle with salt, pepper, and a few drops of lemon juice.

Spread over each fillet the following stuffing:

1 cup flaked fish
1 teaspoon bread crumbs
1 tablespoon cream
Grated lemon rind
1 egg
1 tablespoon melted butter
Pepper and salt to taste

Chop the fish and bread crumbs, add the pepper, salt, 2 pinches of grated lemon rind, melted butter, and the egg and cream previously beaten together. Mix thoroughly.

Roll the fillets and tie each with a piece of string to keep it rolled. Place in a greased pan with a small amount of broth made by boiling the heads, bones, and skin in water to which have been added tomato, onions, and salt. Bake in a moderate oven about 30 minutes, basting from time to time to prevent burning.

Remove the strings and roll in cracker crumbs. Pour over each ½ teaspoon of melted butter, and serve with sauce made as follows:

1 tablespoon butter
1 tablespoon flour
½ pint milk
1 teaspoon chopped parsley
A pinch each white pepper and salt
½ teaspoon lemon juice

Brown the flour in butter, add the milk, lemon juice, salt, and pepper, and cook until the gravy thickens. Add the chopped parsley just before removing from the fire.

Recipe No. 18

FISH CROQUETTES

1 cup flaked fish
2 sections garlic, finely chopped
½ onion, finely chopped
¾ cup milk
1½ teaspoons salt
2 tablespoons chopped green onions
2 tablespoons butter
10 small potatoes boiled, peeled, and mashed
2 eggs
6 tablespoons bread crumbs
1 pinch black pepper
1 tablespoon flour

Fry the garlic and onion in 2 tablespoons of lard. Add the fish, salt, and black pepper, and fry for 5 minutes. Add the milk and cook until the mixture is almost dry, then add the butter and green onion and mix well. Make oval croquettes with the mashed potatoes. Roll in lightly beaten eggs and then in bread crumbs. Roll again in the eggs and bread crumbs and fry in hot lard until brown.

(Dalagang bukid, navajita, and other fishes may be used for this recipe.)

RECIPE No. 19

PASTELITOS DE PESCADO

4 cups flour
12 tablespoons butter
4 eggs
1 tablespoon sugar
1 teaspoon salt

Sift the flour, salt, and sugar. Work in the butter with tips of the fingers and fold in the well-beaten yolks of 4 eggs.

Sprinkle with enough cold water to bring the mass together, and work very lightly with the fingers. Place the dough on a floured board and roll out to a sheet about ⅛ inch thick. Cut into 2 equal parts. On one part spread evenly the filler, made as follows:

1 onion, chopped fine
2 tomatoes, roasted, skins and seeds removed, and minced
2 cups flaked fish
3 Vienna sausages, chopped fine
4 tablespoons grated cheese
4 tablespoons chopped ham

Fry the onion and tomato in butter. Add the fish, sausage, and ham, and fry 3 minutes longer. Then add the grated cheese.

Cover with the other sheet of dough rolled out to ⅛ inch thick, and press gently with a rolling pin. Cut in rectangles 3 inches long and 1 inch wide.

Place in a buttered and floured pan, brush with lightly beaten yolks of eggs, and bake in a moderate oven until brown.

RECIPE No. 20

FISH PIE No. 1

2 cups flour
9 tablespoons butter
½ teaspoon salt
1 tablespoon sugar

Sift the flour, sugar, and salt. Mix in the butter with the aid of a fork until the mixture becomes mealy. Gradually add cold water until the dough clings together. Chill, and divide into two parts.

Roll out one part about 1/12 inch thick, on a floured board, transfer to a buttered pie pan and bake in a hot oven about 7 minutes.

Fill with the following filler.

- 8 tablespoons butter
- 1 small onion, chopped fine
- 2 medium-sized tomatoes
- 2 medium-sized Irish potatoes
- 1 cup mushrooms
- 2 cups flaked fish (lapu-lapu)
- 1 cup water chestnuts (apulid), cut in small cubes

Boil the fish in water, salt, and a pinch of pepper. Flake and remove all bones. Soak the dried mushrooms in water until soft.

Fry the onions and tomatoes in butter. Add the apulid, mushrooms, fish, water chestnuts, the potatoes cut in small cubes and fried, a pinch of salt, and ½ cup white sauce.

Roll out the remaining dough to 1/12 inch thick, and use this as the top crust. Bake in a hot oven about 20 minutes.

RECIPE No. 21

FISH PIE No. 2

Prepare the dough in the same manner as in fish pie No. 1.

Line muffin pans with this dough, rolled to 1/12 inch thickness. Bake until brown.

Fill with the following filler:

- 2 cups flaked fish previously boiled in water containing salt, pepper, 1 sliced onion, and 1 sliced tomato
- 6 tablespoons chopped sweet sour pickles
- 1 pint pastry cream

Mix the above.

Roll out the remaining dough 1/12 inch thick and use as the top crust. Bake in a hot oven for about 10 minutes.

RECIPE No. 22

FISH TIMBALE

- 1 cup flaked fish
- ½ cup boiled mushrooms
- 1 cup bread crumbs
- 4 eggs
- 2 cups milk
- 8 tablespoons butter
- 1 teaspoon salt
- A pinch each pepper and nutmeg

Use any good fish, such as lapu-lapu, pampano, talakitok, mayamaya, or bakoko. Remove the bones and skin. Flake.

Pound the meat and mushrooms to a fine paste. Pass through a sieve.

Cook the bread crumbs for 10 minutes in the milk. Remove from the fire and add the fish paste, melted butter, salt, pepper, and nutmeg, and mix thoroughly. Add the well-beaten eggs and place the mixture in a buttered mold. Cover the mold with oiled paper, set in a deep baking pan containing hot water, place in a moderate oven, and bake for three-quarters of an hour.

Serve with tomato sauce.

RECIPE NO. 23

FISH CUSTARD

1½ cups milk	4 tablespoons finely cut green onions
4 eggs	½ teaspoon salt
½ cup flaked fish	1 pinch black pepper
¼ cup boiled, sliced shrimp	
3 tablespoons chopped ham	

Boil the fish and shrimp in a small amount of water with ½ teaspoon of salt and a pinch of black pepper.

Flake the fish and remove the bones. Clean the shrimps and slice into small pieces. Mix the fish and shrimp and add to the mixture the finely cut onions and chopped ham.

Beat the eggs well and mix thoroughly with the milk. Dissolve in this mixture 2 tablespoons of corn starch and add this to the fish mixture.

Transfer to a buttered mold and bake in a moderate oven until brown.

(Any fish may be used for this recipe.)

RECIPE NO. 24

FISH-CHEESE PUDDING

1 cup flaked fish	1 cup boiled rice
2 cups coconut milk	3 eggs
4 tablespoons grated cheese	1 teaspoon salt
1 pinch pepper	2 tablespoons butter

Boil the fish in 1 cup of coconut milk. Flake, remove all bones, and add the butter.

Add the well-beaten yolks of eggs to 1 cup of coconut milk, then the boiled rice, the flaked fish, grated cheese, salt, and pepper. Fold in the stiffly beaten whites of 3 eggs.

Pour the mixture in a buttered mold and bake in a pan of hot water, in a moderate oven, for about 30 minutes.

Recipe No. 25

FISH LOAF No. 1

1 cup flaked fish
2 minced sweet red peppers
2 cups coconut milk
A pinch each pepper and nutmeg

1 small onion
½ cup chopped suet
½ cup bread crumbs
1 teaspoon salt
3 eggs

Cook the bread crumbs to a thick paste with 1 cup of coconut milk.

Boil the fish in 1 cup of coconut milk, flake, and remove all bones.

Fry the onion and fish. Season with salt, pepper, and nutmeg. Add the sweet red pepper, and fry 1 minute longer. Remove from the fire, add the paste, the minced suet, the well-beaten yolks of 3 eggs, and lastly fold in the stiffly whipped whites of 3 eggs. Transfer to a buttered bread pan and bake in a moderate oven until brown. (About 30 minutes.)

Recipe No. 26

FISH LOAF No. 2

½ cup flaked fish
1 chopped sweet red pepper
¾ tablespoon salt
½ cup bread crumbs
2 pinches paprika

1 cup coconut milk
3 eggs
1 cup milk
1 tablespoon lemon juice

Boil the fish in 1 cup of coconut milk and 1 teaspoon of salt. Flake and remove the bones. Add the bread crumbs, lemon juice, ¼ teaspoon salt, paprika, sweet red pepper, and the mixed well-beaten eggs and milk. Transfer to a buttered bread mold and bake 30 minutes in a moderate oven.

Recipe No. 27

FISH SPREAD

1 medium-sized bañgos, dalagang bukid, or navajita
2 cups coconut milk
Juice of 6 calamansi
¾ tablespoon salt

Yolks of 2 eggs
¼ cup coconut cream
2 tablespoons white wine
Pinch nutmeg
Pinch pepper

Boil the fish in coconut milk to which has been added the calamansi juice, 1 teaspoon of salt, and a pinch of pepper. Flake and remove all bones. Add 2 tablespoons white wine, a pinch of nutmeg, and cook 1 minute longer.

Add the well-beaten yolks of 2 eggs to the coconut cream and add this to the fish mixture. Cook until the mixture thickens.

Serve with a small amount of paprika, on slices of toast, on crackers, or on biscuits.

Recipe No. 28

BUYABES

1 onion cut in small pieces
1 section garlic, chopped
3 leaves green onions, minced
2 tablespoons olive oil
A few parsley leaves
1 laurel leaf
1 celery leaf
Thyme
1 cup white wine
8 ounces tomato puree
4 cups water
1 gram saffron
2 cups mollusk
1 fish
1 teaspoon salt
⅛ teaspoon pepper

Fry the onion in the oil. Add the garlic, a few parsley leaves, 1 laurel leaf, a celery leaf, a small amount of thyme, and continue frying until the garlic is brown. Add 1 cup of white wine, 8 ounces of tomato puree, 4 cups water, salt, and pepper, and cook 5 minutes. Add 1 gram of saffron and boil 10 minutes; then the mollusks, previously cleaned and boiled in water until they opened, the fish, previously cleaned and cut in pieces ½ inch thick, and boil again for 15 minutes.

Garnish with bread cut in small triangles and fried in oil until crisp.

(For mollusk use tulya, tekhan, halaang babae, or paros. For fish use lapu-lapu, mayamaya, pampano, bia, or bakoko.)

Recipe No. 29

CHOW MIN

1 pound Chinese noodles
¾ cup sliced onions
½ cup pork, cut in thin, narrow slices 1½ inches long
1 cup shrimps, sliced in long narrow pieces
1 egg
2 tablespoons lard
1 teaspoon cornstarch
1½ cups chicken broth
1 teaspoon salt
Oil

Beat the egg and pour in a hot oiled pan. Run all over the surface of the pan and cook 1 minute. Cut in very narrow pieces, 1½ inches long.

Mix the lard and noodles and steam for ½ hour. Separate the noodles and fry in hot oil until brown. Place in a platter.

Season and fry the onions, pork, and shrimps.

Make a medium-thick gravy from the chicken broth, toyo, cornstarch, salt, and pepper. Add the fried onions, shrimps, and pork, and pour the mixture over the fried noodles. Garnish with the fried eggs cut in long, narrow threads.

RECIPE No. 30

GOLDEN SHRIMP

Boil 20 medium-sized shrimps in a small quantity of water seasoned with salt and pepper.

Remove the heads and skins but not the tails.

Beat 4 eggs with 2 tablespoons of flour, a pinch each of salt and pepper. Dip the shrimps in the egg mixture. Fry in hot deep fat until brown.

Serve with sweet-sour sauce. See directions for making in Recipe No. 12.

RECIPE No. 31

STUFFED SHRIMPS

30 medium-sized shrimps
6 tablespoons chopped pork
1 section garlic, chopped fine
1 tablespoon minced onion
2 tablespoons chopped tomatoes
2 tablespoons minced mushrooms
3 tablespoons water chestnut, cut fine
1 tablespoon salt
1 tablespoon flour
1 tablespoon finely cut onion leaves
2 tablespoons lard
2 eggs

Blanch the shrimps in boiling water. Ramove the shells from 20, leaving the heads and tails intact. Make a deep cut at the center of the back, in a straight line, from the head to the tail. Sprinkle with a pinch of pepper, salt, and a few drops of lemon juice.

Fry the garlic, onion, and tomatoes in lard. Add the 10 remaining cleaned shrimps mixed with the pork and chopped fine, also the mushrooms and water chestnuts. Cook 5 minutes longer. Add the green onions and mix thoroughly.

Stuff the shrimps with the above mixture, wrap in a piece of omentum (unto sin sal), dip in 2 well-beaten eggs with 1 tablespoon flour, and fry in hot, deep fat until brown.

Serve with sweet-sour sauce made as follows:

½ cup vinegar
½ cup water
2 tablespoons sugar
1 teaspoon salt
2 tablespoons cornstarch
2 tablespoons toyo sauce

Mix the above ingredients and cook until the gravy thickens.

Recipe No. 32

SHRIMP-AND-CRAB CAKE

1 cup boiled sliced shrimps
1 cup boiled and flaked crabs
2 tablespoons butter
1½ cups milk
Yolks of 3 eggs
1 tablespoon salt
1 tablespoon chopped parsley
A few pinches pepper
A pinch nutmeg
1 teaspoon flour

Melt the butter in a sauce pan. Add the shrimps, crabs, salt, nutmeg, pepper, and parsley, then the milk previously mixed with flour and well-beaten yolks of 3 eggs.

Place in a buttered pan and bake in a moderate oven 25 minutes.

Cool and cut in desired pieces. Fry in hot fat until brown. Serve hot.

Recipe No. 33

CRAB-SHRIMP SHORT CAKE

Boil the shrimps and crabs in a small quantity of water with salt.

Cool, flake the crabs and slice the shrimps.

Fry for 5 minutes 3 tablespoons chopped onions and ½ cup each of the flaked crabs and sliced shrimps.

Brown 2 tablespoons of seasoned flour in 2 tablespoons butter. Add gradually 2 cups of milk, stirring constantly. Boil to a thick gravy.

Make tea biscuits according to the following directions:

2 cups flour
Yolks of 2 eggs
Milk
4 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
4 tablespoons butter

Sift the flour, baking powder, salt, and sugar, and work in the butter with the tips of the fingers.

Beat the eggs and add enough milk to bring the total volume to ¾ cup. Add this to the flour mixture and knead very lightly. Place on a floured board and roll out to ½ inch in thickness. Cut with a biscuit cutter and bake for 12 minutes in a hot oven (450°). Split the biscuits and fill with the shrimp-crab mixture, place on a platter, and pour the gravy over them just before serving.

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RECIPE No. 34

STUFFED CRAB No. 1

1 cup boiled, flaked crabs
½ cup bread crumbs
1½ cups milk
3 eggs
1 teaspoon salt
A pinch each pepper and cinnamon
2 tablespoons grated cheese
2 tablespoons butter
¼ cup suet

Boil the crabs in a few tablespoons of water and a small amount of salt. Flake.

Cook the bread crumbs in milk, add the butter, cheese, and flaked crabs, pepper, cinnamon, suet, and the 2 well-beaten eggs. Stuff the crab shells and brush the top with lightly beaten egg yolks. Bake about 20 minutes. Serve hot.

RECIPE No. 35

STUFFED CRAB No. 2

1 cup flaked crab
1 chopped onion
1 chopped tomato
1 section garlic, chopped fine
1 minced sweet red pepper
1 teaspoon salt
2 eggs
1 pinch pepper

Fry the garlic, onion, and tomato. Add the flaked crab, salt, pepper, sweet red pepper, and continue frying 5 minutes. Cool. Add the well-beaten eggs and stuff the crab shells with this mixture. Fry in hot fat until brown.

RECIPE No. 36

KEK IAM

1 cup ground pork
1 cup ground pork fat
1 cup ground shrimps
4 eggs, well beaten
¼ cup green onion leaves, chopped fine
½ cup flour
¾ tablespoon salt

Mix the above ingredients and wrap in a piece of omentum (unto sin sal) to form a cylinder about 1½ inches in diameter. Steam for about 30 minutes. Cool, and slice crosswise to about the thickness of a 50-centavo piece, and fry in hot lard until brown.

Serve with vinegar to which has been added the chopped onions, a small amount of salt, a pinch of pepper, and a small amount of sugar.

Recipe No. 37

CHOP-SUEY No. 1

1 cup flaked boiled chicken
1 cup boiled sliced shrimps
6 tablespoons sliced Chinese ham
½ cup boiled and sliced chicken livers and gizzards
2 Chinese sausages
½ cup mushrooms
⅓ cup sliced pork
1 pig's kidney, boiled and sliced
1 teaspoon salt
3 cups cabbage, cut in pieces 1 inch long and ½ inch wide
1 cup sliced patola
6 tablespoons toyo
1 tablespoon flour
2 tablespoons chopped garlic
3 sliced onions
2 cups chicken broth
1 cup ham broth
¼ teaspoon pepper

Fry the garlic, onions, pork, shrimps, chicken, ham, sausages, livers, gizzards, kidney, and mushrooms together; then add the toyo, salt, pepper, and shrimp broth. Boil 5 minutes. Add the cabbage, boil 5 minutes longer; then the patola, and lastly the ham soup mixed with flour. Boil until the vegetables are tender. Stir while boiling to prevent burning.

Place in a deep dish and garnish with parsley leaves.

Recipe No. 38

CHOP-SUEY No. 2

1 cup flaked boiled chicken
1 cup sliced boiled shrimps
6 tablespoons sliced Chinese ham
2 Chinese sausages
½ cup mushrooms
½ cup sliced pork
1 pig's kidney
2 each boiled and sliced chicken gizzards and livers
6 tablespoons toyo
1 cup sliced celery
1 cup sprouted mongo (taugui)
1 sliced carrot
1 cup cabbage, cut in pieces ½ inch long and ½ inch wide
3 sliced onions
1 teaspoon salt
1 tablespoon flour
¼ teaspoon pepper
2 cups chicken broth
1 cup ham broth

Proceed as in chop-suey No. 1.

Recipe No. 39

LUMPIA No. 1

1 cup shrimps, boiled, peeled, and cut fine
1 cup pork, boiled and sliced fine
1 cup string beans, blanched and cut in narrow pieces ½ inch long
2¾ cups grated green papaya
1¾ cups grated inkama (sinkamas)
¼ cup toyo suace
4 tablespoons sugar
1½ teaspoons salt
2 cups shrimp soup
2 sections garlic, chopped fine
1 onion, sliced fine

Boil the shrimps and pork in 2½ cups of water.

Fry the garlic and onion in lard, then the shrimps and pork. Add the toyo sauce, the shrimp broth (made by pounding the heads and tails of the shrimps, boiling them in the water in which they were cooked, and straining the soup), string beans, papaya previously worked with salt, washed and pressed to remove the water, sinkamas, salt, and sugar. Boil until the papaya and sinkamas are tender.

Remove from the fire and wrap about 2 tablespoons of the mixture in lumpia wrappings.

Spread on top of each a small quantity of pounded garlic and 1 teaspoon of lumpia sauce before serving. The sauce is made as follows:

- ½ cup toyo sauce
- 1½ cups water
- ⅓ cup sugar
- 4 tablespoons flour

Mix the toyo, water, sugar, and flour and boil to a thick gravy. Stir constantly while cooking to prevent lumping.

Recipe No. 40

LUMPIA WITH COCONUT MILK (No. 2)

- 2 cups gabi stalks, cut ½ inch long
- 1 cup pork, boiled and sliced fine
- 1 cup shrimps, boiled and sliced fine
- 1½ teaspoons salt
- 2 cups coconut milk
- 2 sections chopped garlic
- 1 minced onion
- Juice of 8 calamansi

Boil the pork and shrimps in 2 cups of coconut milk and 1 teaspoon salt. Save the soup, and cut the pork and shrimps into fine pieces.

Fry the garlic and onion, then the shrimps and pork. Add the gabi stalks which have previously been peeled, cut, and boiled in three changes of water and then boiled in the coconut milk in which the pork and shrimps were cooked. This is acidified with calamansi juice. Add ½ cup coconut milk and boil 10 minutes. Wrap in lumpia wrappings, and serve with finely chopped garlic and lumpia sauce. See lumpia No. 1.

Recipe No. 41

SPAGHETTI NEST

Boil one package of spaghetti until tender in water containing salt and pepper. Drain well, add 4 tablespoons of grated cheese and 6 tablespoons of chicken broth and bake for 5 minutes in a moderate oven.

Boil a small fish in 1 cup of water containing 1 teaspoon salt, a pinch of pepper, ½ sliced onion, and 1 sliced tomato. Flake and remove all bones.

Cook ¼ cup bread crumbs in ½ cup coconut milk. Add ½ cup flaked fish, 1 minced sweet pepper, and 1 well-beaten egg. Form into small egg-shaped croquettes, roll in lightly beaten egg, then in bread crumbs, and fry until brown.

Arrange the spaghetti on a platter in the form of small nests and place 2 egg-shaped croquettes in each before serving.

Serve with tomato sauce or catchup.

Recipe No. 42

FRIED-FISH NOODLES

1 cup uncooked flaked fish
¼ cup flaked crabs or shrimps
1 tablespoon minced onion
2 pinches black pepper
1 teaspoon salt
2 cups flour
Yolks of 2 eggs
2 tablespoons butter
2 tablespoons sugar
¼ cup crab soup made by pounding the legs of the crabs and adding to this a small quantity of water and salt, boiling 5 minutes, and straining the soup through a piece of cloth

Pound the flaked crabs and fish together in a mortar until a very smooth paste is formed.

Mix the butter and flour thoroughly and add the yolks of 2 eggs. Add this to the pounded fish-crab mixture and knead, adding a small portion of the crab soup from time to time as needed, until the dough is smooth and elastic to the touch.

Place the dough on a floured board and roll to a very thin sheet. Cut in long, narrow pieces about 1½ inches long and 1¹⁄₁₂ inches wide. Fry in hot fat until brown and crisp.

Serve with sweet-sour sauce made as follows:

1 teaspoon salt
2 tablespoons flour
2 tablespoons butter
2 cups white stock or water
4 tablespoons sugar
4 tablespoons vinegar
¼ teaspoon black pepper

Brown the flour in butter and pour in the white stock gradually, stirring constantly. Add the vinegar, sugar, salt, and pepper, and cook until thick. Stir while cooking to prevent lumping.

Recipe No. 43

PANSIT MOLO

2 cups flour
Yolks 3 eggs
¼ teaspoon salt
¼ cup water

Sift the flour and salt, add the yolks of 3 eggs, and knead with the fingers. Add the water and work until the dough becomes very smooth and fine. Roll out on a floured board to a thin sheet about the thickness of paper. Cut in small triangular pieces.

Prepare the following:

1 cup ground pork
5 tablespoons toyo
Yolks 2 eggs
2 tablespoons chopped kusay (Chinese leek)
Pinch pepper

Mix the above ingredients and wrap in the dough, pressing the sides to seal them together, and to keep the stuffing in. Lay aside.

Prepare the soup as follows:

1 boiled chicken, cut in small pieces
1½ cups boiled, sliced shrimps
2 tablespoons chopped garlic
8 tablespoons toyo
1 tablespoon salt
5 cups shrimp soup
10 cups chicken soup
½ cup chopped kusay (Chinese leek)

Fry the garlic, onion, and shrimp. Add the chicken and fry about 8 minutes. Add the toyo and cook a few minutes longer. Then add the shrimp soup and chicken soup, and boil very slowly for about 1 hour.

When ready to serve drop the mixture wrapped in the dough in the soup and boil for 5 minutes. Serve hot.

Recipe No. 44

PANSIT GUISADO

1 cup flaked boiled chicken
1 cup sliced pork
¾ cup sliced boiled shrimps
⅔ cup Chinese sausages
1 cup cabbage, cut in long narrow pieces
1 cup patola
3 tablespoons toyo
4 tablespoons Chinese ham, shredded
1 teaspoon salt
1 cup shrimp soup
1½ cups ham soup
1 tablespoon flour
6 cakes of mique (Chinese noodle)
2 tablespoons chopped garlic
1 sliced onion
Pinch pepper

Slice the pork, shrimps, and Chinese sausages in long narrow pieces.

Fry separately the garlic, onion, shrimps, pork, chicken, ham, and Chinese sausages. Lay a small portion of each aside for garnishing the dish. Mix the rest and add the toyo, salt, and pepper. Fry again for about 1 minute. Add the previously boiled shrimp soup, stirring constantly, then the flour mixed with a small amount of the soup, cabbage, patola, and ham soup. Boil until about dry. Add the mique, previously blanched in boiling water and fried 3 minutes in a small quantity of lard, and mix thoroughly.

Arrange on a platter and garnish with the fried garlic, onions, pork, chicken, shrimps, ham, and Chinese sausages. Sliced lemon and parsley leaves will also improve the appearance of the dish.

Recipe No. 45

COUNTRY PANSIT

1 cup shredded dried fish
1 cup fresh banana flowers, chopped fine
2 segments garlic
2 cups sotangjon (white noodles made of rice) soaked in water for about 10 minutes
½ cup shrimps, boiled and sliced
½ sliced onion
2 sliced ripe tomatoes
4 leaves green onions
2 cups shrimp soup
1 teaspoon salt
A few pinches black pepper

Fry the garlic, onion, tomatoes, dried fish, shrimps, and the banana flowers. Add the sotangjon, the shrimp soup, salt and pepper, and boil 10 minutes.

Place in a deep dish and garnish with minced green onion leaves.

Recipe No. 46

PANSIT WITH SOUP

2 tablespoons chopped garlic
1 sliced onion
A pinch of pepper
1 teaspoon salt
1 cup flaked boiled chicken
1 cup pork, sliced fine
¾ cup sliced boiled shrimps
⅔ cup Chinese sausages, sliced in long, narrow pieces
6 cakes of mique (Chinese noodle)
1 cup cabbage, sliced in long, narrow pieces
1 cup patola, sliced in small pieces
3 tablespoons shredded Chinese ham
4 tablespoons toyo
2 cups shrimp soup (made as in previous recipes)
1½ cups ham soup (made by boiling in water bones of Chinese ham)

Fry the garlic, onion, shrimps, pork, chicken, and sausages. Add the toyo, seasoning, and boiled shrimp soup. Boil 3 minutes. Stir to prevent burning. Add the patola and cabbage and continue boiling until the patola is half cooked. Add the ham soup and boil again, then the mique, which is first blanched in boiling water, drained, and fried for a few minutes in a small quantity of lard. Cook 5 minutes longer. Serve hot.

RECIPE No. 47

FISH-PINEAPPLE SALAD

1 cup flaked baños
1 apple, cut into small cubes
2 mandarins, divided into sections and peeled
1 cup pineapple, cut into small cubes
3 bananas cut in small pieces
½ cup coconut cream
3 tablespoons sweet pickles
3 tablespoons minced pili nuts
1 teaspoon salt

Cut a pineapple crosswise 2 inches from the top. Remove all the meat, taking care not to break the skin.

Cook the baños in a small amount of water, salt, and 1 cup sliced pineapple.

Drain, flake, and remove all bones. Add the mandarin, banana, pineapple, and coconut cream, and mix well.

Fill the pineapple with the mixture and replace the top. Chill before serving.

RECIPE No. 48

FISH-GUAVA SALAD

½ cup flaked fish
1 orange
3 bananas
25 ripe guavas
1 teaspoon salt
¼ cup coconut cream

Boil the fish in a small quantity of water, salt, and pepper. Drain and flake.

Peel 10 guavas, open, remove the seeds, and cut in small pieces. Peel the orange, divide into sections, and peel each section. Cut the bananas in small pieces.

Mix the flaked fish and the sliced fruits. Add the coconut cream and chill.

Cut the tops from 15 large, ripe guavas. Remove the seeds. Fill the guavas with the chilled mixture, replace the tops and serve while cold.

(Baños, dalagang bukid, navajita, and other inexpensive fishes may be used.)

RECIPE No. 49

FISH-VEGETABLE SALAD

- 1½ cups flaked fish, previously boiled in a small amount of water with pepper and salt
- 2 cups grated papaya, worked with salt, washed, and pressed to eliminate the excess of water and salt
- 1 cup boiled string beans, cut in thin slices
- 2 tablespoons chopped sweet green pepper
- 2 tablespoons minced onion
- 4 tablespoons chopped green onions
- 3 tablespoons minced carrots
- 3 tablespoons sugar beets cut in small cubes
- 12 tablespoons mayonnaise dressing
- 1 teaspoon mustard
- 1 teaspoon salt
- Juice of 1 lemon

Mix the mustard, mayonnaise, salt, and lemon juice. Add the minced vegetables and chill. Serve on lettuce leaves.

(Any fish may be used.)

RECIPE No. 50

SHRIMP-PINEAPPLE SALAD

Boil 1½ cups of shrimps in ½ cup of water and ½ teaspoon of salt. Remove the skins and cut fine.

Cut 6 pieces of canned pineapple in small pieces. Add 1 cup of sliced shrimps and 6 tablespoons of mayonnaise, and chill the mixture.

Place the mixture on a platter and smooth with a spoon. Garnish by placing 2 whole round pieces of canned pineapple on top. Place 1 medium-sized shrimp between the slices of pineapple. With cake decorator tubes squeeze different-colored mayonnaise around the pieces of pineapple to give them the appearance of butterfly wings.

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